

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

The US Olympic Trials, with their "top three, otherwise you are out" policy, are usually a tremendous meeting, and this year's was no exception. There were shocks aplenty – the biggest possibly the nonqualifying sixth place of Keni Harrison in the 100 m hurdles – but in the distance events things went mostly according to expectations. The outstanding star was Molly Huddle, who scored the first 5000/10000 double ever at the Trials. Both Huddle and fourth placer Emily Infeld plan to run only the longer race in Rio.

In the men's 1500 Matthew Centrowitz, whose father Matt made the 1976 and 1980 Olympic teams, broke the Trials record with his win in 3:34.09. In the women's race over the same distance 2011 world champion Jenny Simpson made her third Olympic team when she successfully defended her title in 4:04.74. Evan Jager won his fifth consecutive steeplechase title.

In the Kenyan Olympic Trials world record holder David Rudisha was third in the 800 m won by Alfred Kipketer in 1:43.73.

Locally, the winners in the 32<sup>nd</sup> Momentum Cape Times Knysna Forest Marathon were Motlatsi Benjamin Sesing in 2:38:35 (the slowest winning time since 2003) and Thalia Charalambous in 3:14:12.

DRR subscriber Nico Steenekamp, who is on a cycling holiday in Slovenia, placed first in the grandmaster category in a 10 km race in Bled on Saturday. Steenekamp, who belongs to the Rustenburg Marathon Club, ran 46:13, with his friend Jacobus Scott, a top marathon runner in the Western Cape in his youth, placed 27<sup>th</sup> in the same category in 59:37. Well done, Nico!

The results of the first NMB 1 City Marathon and relay were included last week. It was noted that the course was point to point, but DRR has since learned that it drops 117 metres from start to finish, i.e. 2.8 m/km, making it not record standard.

It was noted last week that the Patatfees 10 km in Napier was considerably shorter than 10 km, according to many runners' GPS watches. The half marathon, however, seems to have been the correct distance, with runners measuring it as being between 21.3 and 21.4 km. The times in the longer race can therefore be accepted as accurate.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Trevor Klose 10 km, East London
- \* Momentum Cape Times Knysna Forest Marathon & Half Marathon, Knysna
- \* Garsfontein Ice Breaker, Pretoria
- \* Palm Tyres 10 km, George
- \* ORAK 12-hour race, Vredendal

**International highlights:**

- \* European Championships Half Marathon, Amsterdam, NED
- \* Utica Boilermaker 15 km, Utica, USA
- \* Atlanta Journal Constitution Peachtree Road Race 10 km, Atlanta, USA
- \* Gold Coast Airport Marathon, Brisbane, AUS
- \* Track: USA Olympic Trials, Eugene, USA; European Championships, Amsterdam, NED; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Kenyan Olympic Trials, Eldoret, KEN; Folksam Grand Prix, Sollentuna, SWE
- \* European Mountain Running Championships, Arco, ITA

**ROAD RUNNING****Trevor Klose 10 km**

East London, 10 July  
(Finishers: 167)

Note: Hanlie Botha finished eighth overall. – Ed.

## MEN

1	Nkosinathi	Nzincio	34	Nedbank	32:59
2	Siyabulela	Maduavama	41	Nedbank	33:08
3	Mdulebisi	Siqwayi	24	Zibematjo Sports Dev.	33:09
4	Lithobe	Menzeleleli	17	Real Gijimas	34:51
5	Makaya	Masumpa	50	Born 2 Run	34:53
6	Doran	Fritz	42	Nedbank	38:08
7	Siviwe	Pati	31	Horizon Sports Club	36:17
8	Mzwandele	Gqotile	33	Nedbank	36:24
9	Chumisa	Nkanjeni	39	Bufs	38:31
10	Sinesipho	Jack	19	Horizon Sports Club	37:48

## WOMEN

1	Hanlie	Botha	37	Born 2 Run	36:22
2	Doerte	Reinke	38	Born 2 Run	48:51
3	Colleen	Peens	59	Born 2 Run	49:24
4	Catherine	Fetting	47	Born 2 Run	50:59
5	Lesley	Blair	35	Born 2 Run	51:07
6	Sharon	Eldridge	54	Old Selbornians	51:37
7	Sam	Naude	42	Living Free	52:31
8	Ursula	Jagers	31	Buffalo Runners	52:34
9	Tyler	Schloesser	16	Harriers	53:58
10	Friederika	McCosh	30	Individual	54:23

## **Momentum Cape Times Knysna Forest Marathon (32nd) & Half Marathon**

Knysna, 9 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel.

Finishers: marathon – 488 men + 255 women = 743 total [up from 615 last year]; half marathon – 2368 men + 2754 women = 5122 total [up from 5043].)

Note: Unfortunately age category results were not available. – Ed.

### **Marathon**

MEN

1. Motlatsi Benjamin Sesing (KPMG) 2:38:35
2. Sinesipho Didishe (Knysna) 2:40:44
3. Zolile Mhlahlo (Achilles) 2:45:45
4. Siphon November (G-Reinet) 2:46:53
5. Quinton Honey (CDH) 2:50:24

WOMEN

1. Thalia Charalambous (ATC) 3:14:12
2. Davera Magson (Ned EP) 3:18:34 (1<sup>st</sup> vet)
3. Lisl Grobler (Knysna) 3:24:16
4. Toni Mundl (Klerks) 3:24:31
5. Ursula Frans (Ned WP) 3:25:15

### **Half marathon**

MEN

1. Lloyd Bosman (Ned) 1:07:10
2. Gershwill Jacobs (Ned) 1:09:25
3. Charles Nel (Ind) 1:09:44
4. Elfonzo Pieterse (Ned) 1:10:49
5. Stephen Farrell (Ind) 1:12:47

WOMEN

1. Andrea Steyn (Bicyc) 1:24:56
2. Vicky van der Merwe (Ind) 1:25:21
3. Melissa van Rensburg (Ned) 1:25:28
4. Deanne Horn (Licht) 1:28:58
5. Megan Dempster (Madibaz) 1:29:40

## **Garsfontein Ice Breaker**

Pretoria, 9 July

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: cold, no wind. Finishers: half marathon – 567 [down from 751 last year]; 10 km – 761 [about half of last year's 1407]; also 282 in 5 km.)

### **Half marathon**

MEN

1. Collen Mulaudzi (TUT) 1:08:29
2. Philani Buthelezi (KPMG) 1:10:00
3. Collen Mailola (Ned) 1:10:54

**Veterans:** 1. Rulf Nkhi (Zwak) 1:18:23; 2. James Mgcina (SC) 1:20:35. **Masters:** 1. Colin Fischer (CSIR) 1:33:44; 2. Jan van Wyk (Irene) 1:57:44. **G'masters:** 1. Don Charles (Ned) 1:35:51. **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 2:00:23.

WOMEN

1. Patience Khumalo (Brooks) 1:25:47

2. Vuyokazi Gebe (Trans) 1:30:52
3. Vanessa Bowman (Kempton) 1:38:16 (1<sup>st</sup> vet)

**Veterans:** 1. Vanessa Bowman (Kempton) 1:38:16; Nocawe Morake (Wonder) 1:39:18.

**Masters:** 1. Ansa Strydom (Ned) 1:41:45; 2. Debbie Bredenkamp (Harl) 1:46:17.

**G'masters:** 1. Frances van Blerk (Ned) 1:59:29. **80+:** 1. Deirdre Larkin (RH) 2:16:41.

**Juniors:** 1. Caitlin van Dyk (RWFL) 2:14:27.

### 10 km

#### MEN

1. Vuyisile Tshoba (TUT) 31:50
2. Bafana Dube (Trans) 31:57
3. Lucas Jani (Ned) 32:01

**Veterans:** 1. Peter Motshoene (RWFL) 38:33; 2. Collurs Seabele (RH) 42:25. **Masters:** 1.

Joseph Moloto (PMMC) 39:09; 2. Pillemon Mailola (Moret) 39:56. **G'masters:** 1. Wallie Weder (Agape) 54:05. **G/g'masters:** 1. Lammie Fourie (Agape) 51:07. **Juniors:** 1. Lekaka Ramaketse (Ind) 38:25.

#### WOMEN

1. Myrette Brink (KPMG) 40:39
2. Kylie Meyer (Ind) 40:51
3. Maryke Engelbrecht (Disc) 41:39.

**Veterans:** 1. Marietjie McDermott (Love) 46:51; 2. Colette Brighton (Phob) n/t. **Masters:**

1. Elmarie Pretorius (RWFL) 47:59; 2. Sonia Scheepers (Green) 50:41. **G'masters:** 1. Olga Smit (Affies) 67:14. **Juniors:** 1. Tylo Cumberledge (FFA) 48:12.

### Palm Tyres 10 km

George, 2 July

(Loop course. Finishers: 134 [down from 181 last year].)

Note: A good win here for master Annatjie Botes, by far the oldest of the top ten women. – Ed.

#### MEN

1	Lloyd Bosman	Nedbank	28	30:50
2	Godwin Heyns	Nedbank	18	32:05
3	Elfonzo Pieterse	Nedbank	27	32:38
4	Donovan Jantjies	Outeniqua Harriers	20	33:19
5	Dullan Solomons	Nedbank	17	34:25
6	Allentino Kleynhans	Nedbank	18	34:41
7	Elton Botha	Knysna Marathon Club	23	36:13
8	Julius Korkee	Nedbank	31	37:06
9	Jacobus Boshoff	Outeniqua Harriers	45	37:26
10	Patrick Peters	Military Sport Club	52	37:52

#### **Veterans:**

1 Jakobus Boshoff Outeniqua Harriers 37:26

#### **Masters:**

1 Patrick Peters SANDF 37:52

#### **G'masters:**

1 Jan du Toit Hartenbos Drawwers 46:18

#### **G/g'masters:**

1 Ronnie le Roux Brackenfell 49:45

**Juniors:**

1	Godwin Heyns	Nedbank		32:05
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**WOMEN**

1	Annatjie Botes	Nedbank	58	42:53
2	Charmaine Lamprecht	Nedbank	32	43:32
3	Carike Fourie	Nedbank	39	44:17
4	Eileen Ketterer	Outeniqua Harriers	34	48:52
5	Ymke Vreken	Outeniqua Harriers	41	49:56
6	Michelle du Plessis	Outeniqua Harriers	45	50:19
7	Linda Zaaiman	Cape Multi Sport Club Eden	54	50:53
8	Lehanie Scholtz	Knysna Marathon Club	29	53:14
9	Francisca Zaaiman	Nedbank	26	53:53
10	Jo-Ann Victor	Hartenbos Drawwers	32	54:05

**Veterans:**

1	Ulene Visser	Nedbank		56:55
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**Masters:**

1	Annatjie Botes	Nedbank		42:53
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**G'masters:**

1	Mariette de Haan	Nedbank		57:02
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**G/g'masters:**

1	Cicelia Swiegers	Nedbank		1:18:15
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**Juniors:**

1	Nolene van Rensburg	Outeniqua Harriers		59:06
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**ORAK 12-hour race**

Vredendal, 2 July

(Run on a 1 km grass circuit. Finishers: 140.)

Note: Lionel Cronje surpassed his own race record, set in 2014, by 4 km. Martha Pretorius finished third overall, missing her race record by 500 m (although she still had almost 3 minutes to run before the cut-off), and Zethena October was sixth. The fourth column shows the total kilometres run by each athlete and the last column the total time. – Ed

**MEN**

1	Lionel Cronje	Bellville	126	11:43:56
2	Johan van Zyl	Tygerberg	117	11:43:56
3	Dean Hewitt	Brackenfell	105	11:50:54
4	Henk Carstens	Strand	101	11:42:30
5	Ron Brink	Strand	100	11:50:07

**WOMEN**

1	Martha Pretorius	Nantes	110.2	11:57:44
2	Zethena October	Ravensmead	101	11:59:23
3	Maitele Tshifalano	Pinelands	95.3	11:55:29
4	Fundiswa Sandi	Ravensmead	92.2	11:57:16
5	Sanet Calitz	Namaqua	91.3	11:56:38

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## INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

### ROAD RUNNING

#### European Championships Half Marathon (1st)

Amsterdam, NED, 10 July

(Distance: 21.195 km )

##### MEN

TEAM RESULTS (score three athletes on combined time): 1. Switzerland, 3:12:04; 2. Spain, 3:12:06; 3. Italy, 3:12:41; 4. Turkey, 3:14:34; 5. Sweden, 3:14:55.

1. Tadesse ABRAHAM, SUI	1:02:03	GOLD
2. Kaan Kigen ÖZBİLEN, TUR	1:02:27	SILVER
3. Daniele MEUCCI, ITA	1:02:38	SB BRONZE
4. Marcin CHABOWSKI, POL	1:02:54	SB
5. Abdi Hakin ULAD, DEN	1:03:22	
6. Abdi NAGEEYE, NED	1:03:43	
7. Hassan CHAHDI, FRA	1:03:43	
8. Carles CASTILLEJO, ESP	1:03:52	
9. Callum HAWKINS, GBR	1:03:57	
10. Jesús ESPAÑA, ESP	1:04:01	

##### WOMEN

TEAM RESULTS (score three athletes on combined time): 1. Portugal, 3:33:53; 2. Italy, 3:36:38; 3. Turkey, 3:39:59; 4. Belarus, 3:40:31; 5. Romania, 3:40:59.

1. Sara MOREIRA, POR	1:10:19	GOLD
2. Veronica INGLESE, ITA	1:10:35	PB SILVER
3. Jessica AUGUSTO, POR	1:10:55	SB BRONZE
4. Rasa DRAZDAUSKAITE, LTU	1:11:47	PB
5. Esmá AYDEMİR, TUR	1:11:49	PB
6. Ouranía REBOÚLI, GRE	1:11:52	NR/PB
7. Monica Madalina FLOREA, ROU	1:11:56	PB
8. Eva VRABCOVÁ-NÝVLTOVÁ, CZE	1:12:01	
9. Agnieszka MIERZEJEWSKA, POL	1:12:10	
10. Gemma STEEL, GBR	1:12:19	
... 28. Olivera JEVTIC, SRB	1:13:39	

#### Utica Boilermaker 15 km (39th)

(2015/2016 Professional Road Running Organization Series Final)

Utica, USA, 10 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

##### MEN (gun times)

1. Teshome Asfaha, ETH	43:58	\$7000
2. Mourad Marofit, MAR	44:07	4000
3. Yitayal Atnafu, ETH	44:14	2500
4. Philip Langat, KEN	44:23	1500
5. Belay Tilahun, ETH	44:30	1250

## WOMEN

- |                                    |       |    |              |
|------------------------------------|-------|----|--------------|
| 1. Cynthia Limo, KEN               | 48:50 | PB | \$7000       |
| 2. Veronicah Nyaruai Wanjiru, KEN  | 49:25 |    | 4000         |
| 3. Mary Wacera, KEN                | 49:54 | PB | 2500         |
| 4. Monicah Ngige, KEN              | 50:11 |    | 1500         |
| 5. Edna Kiplagat, KEN              | 50:24 |    | 1250         |
| ... 12. Jen Rhines, 42, Boston, MA | 52:21 |    | 2000 + 2000a |

a) Earned American prize money

**Atlanta Journal Constitution Peachtree Road Race 10 km (47th)**

Atlanta, USA, 4 July

(Certified point-to-point course with 3.4 m/km elevation loss [not record-standard].  
Separate all-women's elite race with early start.)

## MEN (gun times)

- |                                    |       |  |        |
|------------------------------------|-------|--|--------|
| 1. Gabriel Geay, 19, TAN           | 28:49 |  | \$7500 |
| 2. Daniel Salel, 25, KEN           | 28:49 |  | 5000   |
| 3. Philip Langat, KEN              | 28:52 |  | 4000   |
| 4. Abdi Abdirahman, 39, Tucson, AZ | 29:24 |  | 3000   |
| 5. Jared Ward, 27, Kaysville, UT   | 29:29 |  | 2000   |

## ELITE WOMEN (gun times)

- |                                   |       |  |            |
|-----------------------------------|-------|--|------------|
| 1. Edna Kiplagat, 36, KEN         | 32:24 |  | \$7500     |
| 2. Buze Diriba, 22, ETH           | 32:28 |  | 5000       |
| 3. Lineth Chepkurui, 28, KEN      | 33:24 |  | 4000       |
| 4. Neely Gracey, 26, Boulder, CO  | 33:25 |  | 3000       |
| 5. Madai Perez, 36, MEX           | 33:40 |  | 2000       |
| ... 9. Jen Rhines, 42, Boston, MA | 34:16 |  | 500 + 1500 |

**Gold Coast Airport Marathon (38th)**

(IAAF Gold Label Road Race)

Brisbane, AUS, 3 July

(Distance: 42.195 km)

## MEN (gun times)

- |                                    |         |  |                    |
|------------------------------------|---------|--|--------------------|
| 1. Kenneth Mungara (40+), KEN      | 2:09:00 |  | AUD 20,000 + 2000i |
| 2. Yuki Kawauchi, JPN              | 2:09:01 |  | 8,000 + 2000i      |
| 3. Abdelhadi El Hachimi (40+), BEL | 2:10:35 |  | 5,000 + 1000i      |

## WOMEN (gun times)

- |                      |         |        |                      |
|----------------------|---------|--------|----------------------|
| 1. Misato Horie, JPN | 2:26:40 | PB/CR* | AUD 20,000 + 10,000i |
| 2. Gulume Chala, ETH | 2:27:49 |        | 8,000 + 1,000i       |
| 3. Leah Kiprono, KEN | 2:34:02 |        | 5,000                |

i) Earned time incentive bonus

## TRACK

### USA Olympic Trials

(Also US Athletics Championships)

Eugene, USA, 30 June – 10 July

(Prize Money: Paid 7-deep for each event final to eligible athletes: \$10,000-8000-6000-4000-2000-1000-1000 [NCAA athletes generally don't accept prize money].)

Note: The results of the men's and women's 10000-metre races were included in last week's issue. With the meeting now concluded, here are the complete results. – Ed.

#### MEN

##### 800 (04):

1. Clayton Murphy, Nike 1:44.76 PB
2. Boris Berian, New Balance 1:44.92
3. Charles Jock, Nike Oregon Track Club 1:45.48
4. Craig Engels, Ole Miss 1:46.03 PB
5. Erik Sowinski, Nike 1:46.44
6. Isaiah Harris, Penn State 1:46.47
7. Harun Abda, Nike Oregon Track Club 1:47.05
8. Brandon Johnson, Nike 1:47.41
9. Cas Loxsom, Brooks Beasts TC 1:49.18

##### 1500 (10):

1. Matthew Centrowitz, Nike Oregon Project 3:34.09 CR
2. Robby Andrews, adidas 3:34.88
3. Ben Blankenship, Nike Oregon Track Club 3:36.18
4. Leo Manzano, Hoka One One 3:36.62
5. Craig Engels, Ole Miss 3:37.66 PB
6. Johnny Gregorek, Asics/NJ-NY TC 3:38.76
7. Colby Alexander, Hoka One One/NJ-NY TC 3:38.90
8. Daniel Winn, B.A.A. 3:39.22
9. Kyle Merber, Hoka One One 3:40.27
10. Izaic Yorks, Brooks Beasts TC 3:40.34
11. Eric Avila, Hoka One One 3:41.21
12. Andrew Wheating, Nike Oregon Track Club 3:41.22
13. Jordan McNamara, Nike Oregon Track Club 3:49.44

##### Semi-finals (08):

###### Heat 2 -

1. Ben Blankenship, Nike Oregon Track Club 3:44.24Q
2. Matthew Centrowitz, Nike Oregon Project 3:44.29Q
3. Robby Andrews, adidas 3:44.36Q
- ... 11. Matthew Maton, Oregon 3:46.91

##### 5000 (09):

1. Bernard Lagat, Nike (41 years old) 13:35.50  
[Last lap: 52.82]
2. Hassan Mead, Nike Oregon Track Club 13:35.70  
[Last lap: 53.18]

Former Kenyan Bernard Lagat makes his fifth Olympic team at the age of 41 after a thrilling sprint finish in the 5000. Lagat had to run the last lap in 52.82 to secure the win; it was his eighth national title at the distance. [Chris Lotsbom/Race Results Weekly]





3. Paul Chelimo, U.S. Army 13:35.92  
[Last lap: 53.59]
4. Eric Jenkins, Nike Oregon Project 13:35.98
5. Ben True, Saucony 13:36.40
6. Ryan Hill, Nike Bowerman Track Club 13:38.36
7. Shadrack Kipchirchir, U.S. Army 13:39.79
8. Woody Kincaid, Portland 13:39.96
9. Galen Rupp, Nike Oregon Project 13:41.09
10. Lopez Lomong, Nike Bowerman Track Club 13:51.19
11. Diego Estrada, Asics 13:52.08
12. Jeff See, Asics Furman Elite 13:53.26
13. Garrett Heath, Brooks Beasts TC 13:55.58
14. Brian Shrader, Saucony 13:58.48
15. Sean McGorty, Stanford 14:03.99
16. Riley Masters, Brooks Beasts TC 14:18.49

#### 10000 (01):

Note: Galen Rupp won his eighth straight American 10000 title, though he was challenged by Shadrack Kipchirchir the entire way. The hot temperatures took a toll on those competing, with seven men DNF'ing. – Ed.

1. Galen Rupp, Nike Oregon Project 27:55.04
2. Shadrack Kipchirchir, U.S. Army 28:01.52
3. Leonard Korir, U.S. Army 28:16.97
4. Scott Fauble, Hoka One One/NAZ Elite 28:45.53
5. Chris Derrick, Bowerman Track Club 28:47.24
6. Sam Chelanga, Nike 28:56.12
7. Martin Hehir, Unattached 28:56.14
8. Brendan Gregg, Hansons-Brooks Dist. 28:56.23
9. Jonathan Grey, adidas/Boulder TC 29:00.28
10. Bobby Curtis, Hansons-Brooks Dist. 29:01.70
- DNF-- Bernard Lagat, Nike [stopped between 7200 and 7600]

#### 3000 s/chase (09):

1. Evan Jager, Nike Bowerman Track Club 8:22.48
2. Hillary Bor, U.S. Army 8:24.10 PB
3. Donn Cabral, Nike 8:26.37
4. Andy Bayer, Nike Bowerman Track Club 8:28.59
5. Mason Ferlic, Unattached 8:30.03
6. Craig Forrys, Asics Furman Elite 8:34.16
7. Cory Leslie, Nike 8:37.54
8. Donnie Cowart, Saucony 8:39.02
9. Daniel Huling, Nike Bowerman TC 8:39.50
10. Bryce Miller, UMKC 8:40.32
11. Tabor Stevens, Asics 8:41.98
12. Isaac Updike, Team Run Eugene 8:42.92
13. Stanley Kebenei, Nike 8:48.99
14. Travis Mahoney, Hoka One One/NJ-NY TC 8:49.01
15. MJ Erb, Ole Miss 8:50.95

#### WOMEN

##### 800 (04):

1. Kate Grace, Oiselle 1:59.10 PB
2. Ajee' Wilson, adidas 1:59.51

3. Chrishuna Williams, Nike  
1:59.59 PB
4. Molly Ludlow, Saucony  
1:59.63
5. Raevyn Rogers, Oregon  
2:00.59
6. Phoebe Wright, Nike  
2:02.55
7. Brenda Martinez, New Balance  
2:06.63 [Caught up in trip by Montano]
8. Alysia Montano, ASICS/NYAC  
3:06.77 [Fell to track]



2011 world champion Jenny Simpson makes her third consecutive Olympic team by winning the 1500 from Shannon Rowbury and a diving Brenda Martinez, who made the team by 3/100ths of a second in front of Amanda Eccleston, whose legs are visible behind Rowbury. [Chris Lotsbom/Race Results Weekly]

#### 1500 (10):

1. Jenny Simpson, New Balance  
4:04.74  
[Final Lap 59.97 seconds]
2. Shannon Rowbury, Nike Oregon Project 4:05.39  
[Final Lap 60.51 seconds]
3. Brenda Martinez, New Balance  
4:06.16  
[Final Lap 60.98 seconds]
4. Amanda Eccleston, Brooks 4:06.19
5. Morgan Uceny, adidas 4:06.94
6. Alexa Efraimson, Nike 4:07.34
7. Sara Vaughn, Brooks 4:10.28
8. Lauren Johnson, Unattached 4:10.29
9. Sara Sutherland, Saucony 4:10.70
10. Stephanie Brown, Nike 4:11.13
11. Mary Cain, Nike Oregon Project 4:13.45
12. Gabriele Grunewald, Brooks 4:18.73

#### 5000 (10):

1. Molly Huddle, Saucony 15:05.01  
[Last Lap of 63.23 seconds]
  2. Shelby Houlihan, Nike Bowerman TC 15:06.14 PB  
[Last Lap of 63.89 seconds]
  3. Kim Conley, New Balance 15:10.62  
[Last Lap of 68.21 seconds]
  4. Emily Infeld, Nike Bowerman Track Club 15:13.87
  5. Abbey D'Agostino, New Balance Boston 15:14.04
  6. Katie Mackey, Brooks Beasts TC 15:18.60
  7. Marielle Hall, Nike 15:24.47
  8. Allie Ostrander, Boise State 15:24.74 PB
  9. Tara Welling, Skechers/HP West 15:26.82
  10. Alisha Williams, adidas Rocky Mountain 15:33.71
  11. Jessica Tebo, Nike 15:41.02
  12. Kellyn Taylor, Hoka One One/NAZ Elite 15:43/35
  13. Jordan Hasay, Nike Oregon Project 15:51.68
  14. Sara Hall, Asics 15:54.99
  15. Rochelle Kanuho, Hoka One One/NAZ Elite 16:05.20
- DNF-- Nicole Tully, Hoka One One/NYAC [Fell early in race. Dropped out between 2600 and 3000]

#### 10000 (02):

1. Molly Huddle, Saucony 31:41.62

2. Emily Infeld, Nike Bowerman Track Club 31:46.09
  3. Marielle Hall, Nike 31:54.77
  4. Kellyn Taylor, Hoka One One NAZ Elite 32:11.30
  5. Laura Thweatt, Saucony/Boulder TC 32:26.21
  6. Liz Costello, New Balance Boston 32:31.81
  7. Rochelle Kanuho, Hoka One One NAZ Elite 32:32.05
  8. Aliphine Tuliamuk, Unattached 32:32.32
  9. Jordan Hasay, Nike Oregon Project 32:43.43
  10. Emily Sisson, New Balance 32:54.07
- DNF--Kim Conley, New Balance/NorCal Dist. [Was spiked and stopped to fix shoe; stepped off between 7600 and 8000]

3000 s/chase (07):

1. Emma Coburn, New Balance 9:17.48 CR\*
2. Courtney Frerichs, Nike Bowerman TC 9:20.92 PB
3. Colleen Quigley, Nike Bowerman TC 9:21.29 PB
4. Shalaya Kipp, Oiselle 9:28.72 PB
5. Stephanie Garcia, New Balance 9:28.99 [fell over final barrier after losing third place]
6. Bridget Franek, Brooks/Team Run Eugene 9:33.51
7. Megan Rolland, Oiselle 9:35.31 PB
8. Mel Lawrence, Oiselle 9:36.35 PB
9. Ashley Higginson, Saucony 9:38.55
10. Rena Williams-Chesser, Unattached 9:40.49 PB
11. Katie Landwehr, Michigan State 9:41.22 PB
12. Jessica Kamilos, Unattached 9:45.42
13. Nicole Bush, New Balance 9:58.04
14. Leah O'Connor, adidas 9:59.03

### European Championships (23rd)

Amsterdam, NED, 6-10 July

#### MEN

800 (10):

1. Adam KSZCZOT, POL, 2 SEP 1989 1:45.18 GOLD
2. Marcin LEWANDOWSKI, POL, 13 JUN 1987 1:45.54 SILVER
3. Elliot GILES, GBR, 26 MAY 1994 1:45.54 PB BRONZE
4. Amel TUKA, BIH, 9 JAN 1991 1:45.74
5. Pierre-Ambroise BOSSE, FRA, 11 MAY 1992 1:45.79
6. Thijmen KUPERS, NED, 4 OCT 1991 1:46.67
7. Álvaro de ARRIBA, ESP, 2 JUN 1994 1:47.58
8. Giordano BENEDETTI, ITA, 22 MAY 1989 1:47.64

1500 (09):

1. Filip INGEBRIGTSEN, NOR, 20 APR 1993 3:46.65 GOLD
2. David BUSTOS, ESP, 25 AUG 1990 3:46.90 SILVER
3. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991 3:47.18 BRONZE
4. Richard DOUMA, NED, 17 APR 1993 3:47.32
5. Florian CARVALHO, FRA, 9 MAR 1989 3:47.32
6. Lee EMANUEL, GBR, 24 JAN 1985 3:47.57
7. Jake WIGHTMAN, GBR, 11 JUL 1994 3:47.68
8. Filip SASÍNEK, CZE, 8 JAN 1996 3:47.76
9. Isaac KIMELI, BEL, 9 MAR 1994 3:47.92
10. Homiyu TESFAYE, GER, 23 JUN 1993 3:47.93
11. Ismael DEBJANI, BEL, 25 SEP 1990 3:49.12
12. Joao Capistra BUSSOTTI NEVES JUNIOR, ITA, 10 MAY 1993 3:50.43
13. Mourad AMDOUNI, FRA, 21 JAN 1988 3:51.61

## 5000 (10):

1. Ilias FIFA, ESP, 16 MAY 1989	13:40.85	GOLD
2. Adel MECHAAL, ESP, 5 DEC 1990	13:40.85	SILVER
3. Richard RINGER, GER, 27 FEB 1989	13:40.85	SB BRONZE
4. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991	13:40.86	
5. Mourad AMDOUNI, FRA, 21 JAN 1988	13:40.94	
6. Hayle IBRAHIMOV, AZE, 18 JAN 1990	13:42.20	
7. Florian ORTH, GER, 24 JUL 1989	13:45.40	
8. Yemaneberhan CRIPPA, ITA, 15 OCT 1996	13:46.30	
9. Aras KAYA, TUR, 4 APR 1994	13:47.42	
10. Martin SPERLICH, GER, 28 AUG 1991	13:48.81	

## 10000 (08):

1. Polat Kemboi ARIKAN, TUR, 12 DEC 1990	28:18.52	GOLD
2. Ali KAYA, TUR, 20 APR 1994	28:21.42	SILVER
3. Antonio ABADÍA, ESP, 2 JUL 1990	28:26.07	BRONZE
4. Dmytro LASHYN, UKR, 17 FEB 1988	28:27.90	PB
5. Dewi GRIFFITHS, GBR, 9 AUG 1991	28:28.55	PB
6. Juan PÉREZ, ESP, 6 NOV 1988	28:37.42	
7. Daniel MATEO, ESP, 31 AUG 1989	28:43.03	PB
8. Soufiane BOUCHIKHI, BEL, 22 MAR 1990	29:03.74	
9. Ahmed EL MAZOURY, ITA, 15 MAR 1990	29:29.36	

## 3000 s/chase (08):

1. Mahiedine MEKHISSI-BENABBAD, FRA, 15 MAR 1985	8:25.63	GOLD
2. Aras KAYA, TUR, 4 APR 1994	8:29.91	PB SILVER
3. Yoann KOWAL, FRA, 28 MAY 1987	8:30.79	BRONZE
4. Sebastián MARTOS, ESP, 20 JUN 1989	8:31.93	SB
5. Jamel CHATBI, ITA, 30 APR 1984	8:32.43	
6. Rob MULLETT, GBR, 31 JUL 1987	8:33.29	
7. Kaur KIVISTIK, EST, 29 APR 1991	8:33.75	SB
8. Abdoullah BAMOUSSA, ITA, 8 JUN 1986	8:35.35	
9. Yuri FLORIANI, ITA, 25 DEC 1981	8:35.94	
10. Fernando CARRO, ESP, 1 APR 1992	8:40.73	

## WOMEN

## 800 (09):

1. Nataliya PRYSHCHEPA, UKR, 11 SEP 1994	1:59.70	GOLD
2. Renelle LAMOTE, FRA, 26 DEC 1993	2:00.19	SILVER
3. Lovisa LINDH, SWE, 9 JUL 1991	2:00.37	PB BRONZE
4. Selina BÜCHEL, SUI, 26 JUL 1991	2:00.47	
5. Yusneysi SANTIUSTI, ITA, 24 DEC 1984	2:00.53	
6. Joanna JÓZWIK, POL, 30 JAN 1991	2:00.57	SB
7. Hedda HYNNE, NOR, 13 MAR 1990	2:00.94	PB
8. Aníta HINRIKSDÓTTIR, ISL, 13 JAN 1996	2:02.55	

## 1500 (10):

1. Angelika CICHOCKA, POL, 15 MAR 1988	4:33.00	GOLD
2. Sifan HASSAN, NED, 1 JAN 1993	4:33.76	SILVER
3. Ciara MAGEEAN, IRL, 12 MAR 1992	4:33.78	BRONZE
4. Ingvill MÅKESTAD BOVIM, NOR, 7 AUG 1981	4:34.15	
5. Marta PEN, POR, 31 JUL 1993	4:34.41	
6. Maren KOCK, GER, 22 JUN 1990	4:34.54	
7. Sofia ENNAOUI, POL, 30 AUG 1995	4:34.84	
8. Solange Andreia PEREIRA, ESP, 12 DEC 1989	4:34.88	
9. Sarah McDONALD, GBR, 2 AUG 1993	4:34.93	

- |                                             |         |
|---------------------------------------------|---------|
| 10. Lucia HRIVNÁK KLOCOVÁ, SVK, 20 NOV 1983 | 4:35.61 |
| 11. Margherita MAGNANI, ITA, 26 FEB 1987    | 4:36.51 |
| 12. Amela TERZIC, SRB, 2 JAN 1993           | 4:37.70 |

## 5000 (09):

- |                                      |          |        |
|--------------------------------------|----------|--------|
| 1. Yasemin CAN, TUR, 11 DEC 1996     | 15:18.15 | GOLD   |
| 2. Meraf BAHTA, SWE, 24 JUN 1989     | 15:20.54 | SILVER |
| 3. Steph TWELL, GBR, 17 AUG 1989     | 15:20.70 | BRONZE |
| 4. Susan KUIJKEN, NED, 8 JUL 1986    | 15:23.87 | SB     |
| 5. Laura WHITTLE, GBR, 27 JUN 1985   | 15:24.18 |        |
| 6. Eilish McCOLGAN, GBR, 25 NOV 1990 | 15:28.53 |        |
| 7. Louise CARTON, BEL, 16 APR 1994   | 15:42.79 |        |
| 8. Geleto TOLA, GER, 22 OCT 1987     | 15:43.30 |        |
| 9. Kristiina MÄKI, CZE, 22 SEP 1991  | 15:52.90 |        |
| 10. Deirdre BYRNE, IRL, 21 SEP 1982  | 15:53.67 |        |

## 10000 (06):

- |                                                |          |             |        |
|------------------------------------------------|----------|-------------|--------|
| 1. Yasemin CAN, TUR, 11 DEC 1996               | 31:12.86 | EU23R/EL/PB | GOLD   |
| 2. Ana Dulce FÉLIX, POR, 23 OCT 1982           | 31:19.03 | PB          | SILVER |
| 3. Karoline Bjerkeli GRØVDAL, NOR, 14 JUN 1990 | 31:23.45 | PB          | BRONZE |
| 4. Fionnuala McCORMACK, IRL, 24 SEP 1984       | 31:30.74 | SB          |        |
| 5. Jo PAVEY, GBR, 20 SEP 1973                  | 31:34.61 | SB          |        |
| 6. Veronica INGLESE, ITA, 22 NOV 1990          | 31:37.43 | PB          |        |
| 7. Jess ANDREWS, GBR, 1 OCT 1992               | 31:38.02 | PB          |        |
| 8. Jip VASTENBURG, NED, 21 MAR 1994            | 32:04.00 |             |        |
| 9. Sarah LAHTI, SWE, 18 FEB 1995               | 32:14.17 |             |        |
| 10. Trihas GEBRE, ESP, 29 APR 1990             | 32:20.45 |             |        |

## 3000 s/chase (10):

- |                                         |         |       |        |
|-----------------------------------------|---------|-------|--------|
| 1. Gesa KRAUSE, GER, 3 AUG 1992         | 9:18.85 | PB/EL | GOLD   |
| 2. Luiza GEGA, ALB, 5 NOV 1988          | 9:28.52 | NR/PB | SILVER |
| 3. Özlem KAYA, TUR, 20 APR 1990         | 9:35.05 | SB    | BRONZE |
| 4. Mariya SHATALOVA, UKR, 3 MAR 1989    | 9:38.17 | SB    |        |
| 5. Fabienne SCHLUMPF, SUI, 17 NOV 1990  | 9:40.01 | SB    |        |
| 6. Nastassia PUZAKOVA, BLR, 12 DEC 1993 | 9:42.91 | PB    |        |
| 7. Michele FINN, IRL, 16 DEC 1989       | 9:43.19 | PB    |        |
| 8. Diana MARTÍN, ESP, 1 APR 1981        | 9:43.65 |       |        |
| 9. Sara TREACY, IRL, 22 JUN 1989        | 9:45.19 |       |        |
| 10. Sandra ERIKSSON, FIN, 4 JUN 1989    | 9:45.71 |       |        |

**Kortrijkse Guldensporenmeeting** (19th/Flanders Cup)

Kortrijk, BEL, 9 July

## MEN

1500:

Race 2:

- Marc Alcalá, ESP, 3:38.06
- Rabii Doukkana, MAR, 3:38.19
- Abderra Abderrahmane, ALG, 3:38.54

...

Johan Cronje, RSA, DNF

## Kenyan Olympic Trials

Eldoret, KEN, 30 June – 1 July

Note: Athletes in the Kenyan Olympic team are marked with \*. – Ed.

### MEN

#### 800 (01):

1. Alfred KIPKETER\* (KEN) 1996 1:43.73
2. Ferguson ROTICH\* (KEN) 1989 1:44.05
3. David RUDISHA\* (KEN) 1988 1:44.23
4. Nicholas KIPKOECH (KEN) 1992 1:44.47
5. Jackson KIVUVA (KEN) 1989 1:44.71
6. Jonathan KITILIT (KEN) 1994 1:45.52
7. Cornelius KIPLANGAT (KEN) 1992 1:46.60
8. Timothy KITUM (KEN) 1994 1:47.32
9. Leonard KOSENCHA (KEN) 1994 1:48.61

#### 1500 (01):

1. Asbel KIPROP\* (KEN) 1989 3:38.21
2. Elijah MANANGOI\* (KEN) 1993 3:38:48
3. Ronald KWEMOI\* (KEN) 1995 3:38.80
4. Timothy CHERUIYOT (KEN) 1995 3:39.30
5. James MAGUT (KEN) 1990 3:40.24
6. Abednego CHESEBE (KEN) 1982 3:41.21
7. Silas KIPLAGAT (KEN) 1989 3:41.32
8. Vincent KIBET (KEN) 1991 3:42.02
9. Hillary NGETICH (KEN) 1995 3:43.32
10. Elijah KIPCHIRCHIR (KEN) 1986 3:43.79

#### 5000 (30):

1. Caleb NDIKU\* (KEN) 1992 13:37.2h
2. Isiah KOECH\* (KEN) 1993 13:37.6h
3. Cyrus RUTTO (KEN) 1992 13:39.1h
4. Thomas LONGOSIWA (KEN) 1982 13:40.7h
5. Edwin SOI (KEN) 1986 13:41.4h
6. Mangata NDIWA (KEN) 1987 13:42.2h
7. James MWANGI (KEN) 1994 13:47.3h
8. Cornelius KANGOGO (KEN) 1993 13:50.7h
9. Douglas KIPSEREM (KEN) 1987 13:51.3h
10. Stephen SAMBU (KEN) 1988 13:52.7h

#### 10000 (01):

Note: Athletics Kenya named four athletes to the team. – Ed.

1. Paul TANUI\* (KEN) 1990 27:46.15
2. Charles YOSEI\* (KEN) 1996 27:57.07
3. Wilfred KIMITEI (KEN) 1985 28:12.22
4. William MALEL (KEN) 1994 28:23.56
5. Vincent YATOR (KEN) 1989 28:28.31
6. Cleophas NGETICH (KEN) 1989 29:04.37
7. Augustine CHOGE (KEN) 1987 29:13.35
8. Stephen ARITA (KEN) 1988 29:32.64
- Geoffrey KAMWOROR\* (KEN) DNF
- Bedan Karoki MUCHIRI\* (KEN) DNF

#### 3000 s/chase (01):

1. Brimin KIPRUTO\* (KEN) 1985 8:27.68
2. Conseslus KIPRUTO\* (KEN) 1994 8:27.86

3. Ezekiel KEMBOI\* (KEN) 1982 8:27.95
4. Hillary KEMBOI (KEN) 1986 8:32.03
5. Alex KIBET (KEN) 1994 8:35.23
6. Paul Kipsiele KOECH (KEN) 1981 8:41.26
7. Wilson MARABA (KEN) 1986 8:41.72
8. Abel MUTAI (KEN) 1988 8:43.62
9. Barnabas KIPYEGO (KEN) 1995 8:45.53
10. Lawrence KIPSANG (KEN) 1986 8:46.67

#### WOMEN

##### 800 (01):

1. Margaret WAMBUI\* (KEN) 1995 1:58.27
2. Eunice SUM\* (KEN) 1988 1:59.63
3. Winnie CHEBET\* (KEN) 1990 2:00.16
4. Sylvia CHESEBE (KEN) 1989 2:00.96
5. Eglay NALYANLA (KEN) 1996 2:00.98
6. Emily CHEROTICH (KEN) 1986 2:01.74

##### 1500 (01):

1. Faith KIPYEGON\* (KEN) 1994 4:06.71
2. Nancy CHEPKWEMOI\* (KEN) 1993 4:10.00
3. Viola LAGAT\* (KEN) 1989 4:11.93
4. Judy KIYENG (KEN) 1994 4:16.66
5. Mary KURIA (KEN) 1987 4:18.63
6. Selah JEPLETING (KEN) 1991 4:24.43

##### 5000 (01):

1. Vivian CHERUIYOT\* (KEN) 1983 15:01.60
2. Hellen OBIRI\* (KEN) 1989 15:13.45
3. Mercy CHERONO\* (KEN) 1991 15:25.51
4. Janet KISA (KEN) 1992 15:41.03
5. Sheila CHEPKIRUI (KEN) 1990 15:44.60
6. Grace KIMANZI (KEN) 15:55.54
7. Viola KIBIWOTT (KEN) 1983 15:57.76

##### 10000 (30):

Note: Alice Aprot did not compete here, but was named to the team. – Ed.

1. Vivian CHERUIYOT\* (KEN) 1983 31:36.37
  2. Betsy SAINA\* (KEN) 1988 32:04.83
  3. Gladys CHESIRE (KEN) 1994 32:17.35
  4. Cynthia LIMO (KEN) 1989 32:25.18
  5. Caroline CHEPKOECH (KEN) 1994 32:36.70
  6. Sally KIPYEGO (KEN) 1985 32:37.11
  7. Beatrice MUTAI (KEN) 1987 32:39.48
  8. Doricah OBARE (KEN) 1990 34:58.42
  9. Rachel CHEBET (UGA) 1996 35:42.20
- DNF - Irene JEPTAI (KEN) 1992  
DNF - Jackline CHEPNGENO (KEN) 1993

##### 3000 s/chase (01):

1. Hyvin KIYENG\* (KEN) 1992 9:28.33
2. Beatrice CHEPKOECH\* (KEN) 1991 9:41.87
3. Lydia ROTICH\* (KEN) 1988 9:48.47
4. Gladys KIPKEMOI (KEN) 1986 9:55.80
5. Purity KIRUI (KEN) 1991 9:56.21
6. Magdalene MASAI (KEN) 1993 9:57.68
7. Caroline TUIGONG (KEN) 1990 9:58.79

8. Agnes JESANG (KEN) 1986 10:01.85
9. Daisy JEPKEMEI (KEN) 1996 10:02.04
10. Norah JERUTO (KEN) 1995 10:10.50

### **Folksam Grand Prix**

Sollentuna, SWE, 28 June

MEN

1500:

1. Brahim Kaazouzi, MAR 3:36.46
2. Johan Rogestedt, SWE 3:36.58 PB
3. Jonas Leanderson, SWE 3:36.92 PB
4. Timo Benitz, GER 3:37.58
5. Sebastian Keiner, GER 3:37.62 SB
- ... 9. Jerry Motsau, RSA 3:42.15

### **ULTRA/MOUNTAIN/TRAIL RUNNING**

#### **European Mountain Running Championships (15th)**

Arco, ITA, 2 July

Note: *Race Results Weekly* reports that two-time winner Bernard De Matteis dominated the men's race, but he didn't win. Instead, he waited in the final straight for his twin brother Martin, so they could run across the finish line together. Bernard told Fidal.it that the gesture was to honor Martin's young son Matthew, who died last year. Martin crossed the line just ahead of his brother, to lead Italy to the team title. – Ed.

MEN (12 310 m):

Teams: 1. ITA 8; 2. CZE 29; 3. GBR 33; 4. FRA 35; 5. SUI 44.

1. Martin De Matteis, ITA 53:33 Gold
2. Bernard De Matteis, ITA 53:34 Silver
3. Ahmet Arslam, TUR 54:09 Bronze

Junior MEN (8540 m):

Teams: 1. TUR 10; 2. ITA 20; 3. FRA 24; 4. GBR 51; 5. CZE 61.

1. Ferhat Bozkurt, 1997, TUR 39:00 Gold
2. Davide Magnani, 1997, ITA 39:35 Silver
3. Mustafa Goksel, 1997, TUR 39:36 Bronze

WOMEN (8540 m):

Teams: 1. ITA 11; 2. GBR 21; 3. CZE 31; 4. FRA 42; 5. IRL 62.

1. Emily Collinge, GBR 43:41 Gold
2. Alice Gaggi, ITA 44:08 Silver
3. Sara Bottarelli, ITA 44:24 Bronze

Junior WOMEN (4030 m):

Teams: 1. GBR 18; 2. ITA 27; 3. CZE 33; 4. ROU 45; 5. TUR 51.

1. Michaela Stranksa, 1997, CZE 18:03 Gold
  2. Giulia Zanne, 1997, ITA 19:08 Silver
  3. Heidi Davies, 1998, GBR 19:09 Bronze
-



## NEWS

This article was published by Agence France-Presse.

### **KENYA ATHLETICS ROCKED BY EVIDENCE OF WIDE-SPREAD DOPING**

Athletics powerhouse Kenya are once again in the eye of a doping storm just a month out from the Rio Olympics after the latest investigation by German television channel ARD and *The Sunday Times*.

Saturday's documentary alleges doping is rife at the elite training centre in Iten.

Previous joint research by ARD and the British newspaper led to the banning of the Russian athletics' team from the 2016 Olympics for state sponsored doping.

Over the past three years some 40 Kenyan athletes have failed doping tests, shredding their reputation for probity and laying bare the reality behind their reputation as the most dominant middle to long distance running nation in the world.

The allegations will come as a major blow as it follows only weeks after Kenyan lawmakers – after being threatened with a similar sanction as the Russians by the World Anti-Doping Agency (WADA) – passed into law legislation making it a criminal act to either dope or to supply such products.

The documentary, largely filmed with a hidden camera, says it successfully infiltrated one of their team posing as an athlete into the training centre which is a favoured spot for distance runners, both Kenyan and European, as it is at high altitude 2400 metres above sea level.

The documentary shows images of boxes of the endurance-boosting drug EPO on the inside of the training centre and used syringes dumped in a bin. EPO is shown to be widely available in the centre whilst two doctors are only too willing to propose supplying the journalist posing as an athlete with doping products.

One of the two doctors claims to have supplied "more than 50" athletes, including three British runners, based on his guarantee he could dramatically improve their performances in "three months".

"Even if the athletes are subjected to doping tests they will find nothing," says the doctor. "That is what the top level athletes take."

The same doctor, according to ARD, when approached again retracted his claims and said he had nothing to do with doping and to have made up supplying the products. However, both he and the other doctor featured have since been arrested by Kenyan police, according to ARD.

A man said to be the coach of an Olympic champion, appearing with his face hidden, confirms the claims made in the documentary. "The great majority of the athletes who appear out of nowhere are doped," he says.

Japhter Rugut, head of the Kenyan anti-doping agency, said the revelations were "very shocking".

"We can see that we have a lot of problems at grassroots level and we will work with the police so as to weed out all those implicated in these criminal activities, both sports people and doctors, who will have to answer for their actions," he told ARD. "We want to go to Rio with a clean team."

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## STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2016 HALF MARATHON: TOP 10 WOMEN

1:12:08	Irvette van Zyl	1	Benoni	31 Jan
1:13:13	Van Zyl-2	1	Cape Town	26 Mar
1:13:45	Nolene Conrad	37	Cardiff	26 Mar
1:14:21	Lebo Phalula	41	Cardiff	26 Mar
1:14:23	Cornelia Joubert	42	Cardiff	26 Mar
1:15:28	Van Zyl-3	1	Pretoria	28 Feb
1:18:12	René Kalmer	4	Cape Town	26 Mar
1:18:23A	Hanlie Botha	1	East London	27 Feb
1:19:07	Christine Kalmer	5	Cape Town	26 Mar
1:19:13	Caroline Wöstmann	1	Irene	02 Apr
1:19:39	Jenna Challenor	1	Hillcrest	14 Feb
1:19:56	Mapaseka Makhanya	6	Cape Town	26 Mar

### THIS MONTH IN HISTORY

#### 30 years ago: 5 July 1986

More world records have been set at the Bislett Games in Oslo than at any other venue. One of the most extraordinary marks came on this day when, just before nine o'clock in the evening, world marathon record holder Ingrid Kristiansen (NOR) sprinted across the finish line to break her own world record for 10000 metres by more than 45 seconds. The previous year at the same meeting Kristiansen had become the first woman to dip under 31 minutes with her 30:59.42 – now she smashed that with her 30:13.74 to win by a massive margin of 76 seconds from Aurora Cunha (POR). Kristiansen took the lead just before 3000 m and then reeled off kilometre splits of 3:01.23, 3:00.09, 3:00.14, 3:00.93, 3:03.61, 3:01.29 and 2:55.44. The record stood for seven years before it was surpassed by one of the controversial Chinese performances by the infamous "Ma's Army".

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

#### MEN

##### Open

10 km	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	27:42	Bitan Karoki Muchiri (KEN)		
	27:42	Leonard Barsoton Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	45:39	Jeromy Andreas	Eersterivier	18 Jun
	44:04	Bethwell Birgen Chemwono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:27	Stephen Mokoka	Cardiff	26 Mar

	59:10	Geoffrey Kipsang Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:36	Wellington Bezerra da Silva (BRA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

\*\*.) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:14	Gert Thys	Wellington	02 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:57	Eric Coetzee	Eersterivier	18 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:13	Johnny Persents	Gordon's Bay	16 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	1:49:33	Jan Lebesse	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:18:15	Mochamat Kriel	Parow	14 Feb

Marathon	1:57:07	Ed Whitlock (CAN) 1994		
	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	96:48	Jeff Smith	Tokai	06 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	3:03:13	Assie van Aswegen	Pretoria	07 May
	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:29:46a	Jeff Smith	Simon's Town	21 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:13	Andile Motwani	Port Alfred	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	31:06	Edith Chelimo (KEN)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru (KEN)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:27:47	Amy Cragg & Shalane Flanagan (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km				

6:33:11 Tomoe Abe (JPN) 2000

Veterans (40+)

10 km	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	85:39	Suzette Botha	Pietermaritzburg	28 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:57:50	Ashleigh White	Durban	06 Mar
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:14:22	Davera Magson	Uitenhage	05 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:29	Mariëtte Strauss	Gordon's Bay	16 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	42:30	Margie Saunders	Cape Town	17 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:42	Margie Saunders	Port Elizabeth	11 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km				

30 km	2:18:20	Gerry Davidson (USA) 1991		
	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:38	Simonay Weitsz	Cape Town	17 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Sonia & Kevin Harlock, Pete van der Merwe, SWD Athletics, Rob Dowdeswell, Nico Steenekamp, Jakes Jacobs

Published by Riël Hauman  
42 Fifteenth Avenue, Boston, Bellville 7530,  
RSA  
Telephone: 021 948-0293  
Fax: 0866 89-44-74  
Cellphone: 082 922-8538  
E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)

